

TANITA

Monitoring Your Health



Body Composition Analyzer

MC-100MA
Max 200kg / 270kg Min 1kg e-50g / 100g T-10kg 5°C / 25°C
%Body Fat Range : 1% to 75% %Body Fat Increments : 0.1%

PROFESSIONAL FITNESS
& WELLBEING CATALOGUE

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BENEFITS OF BODY COMPOSITION

Tanita products are the ideal measurement tool and provide the following advantages:

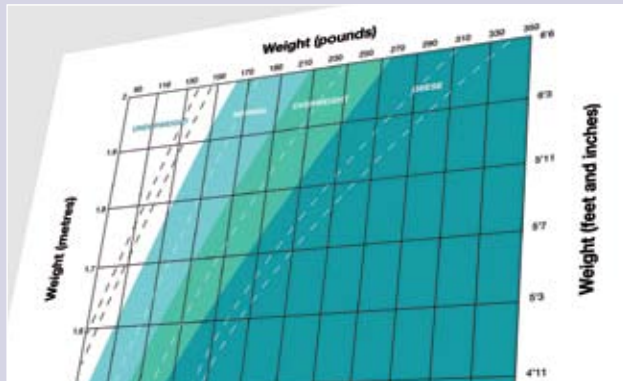
PRODUCT BENEFITS

- Allows detailed personalised information in a simple format that can be used for individual consultations
- Provides an instant health, weight management and wellness screening tool
- Demonstrates to your client the impact of fitness or lifestyle changes on their body composition
- Improved client motivation and education increases retention and success rates
- Generates an additional revenue stream

BUSINESS RATIONALE

- Latest BIA technology provides detailed measurements complete within 30 seconds
- Fast, simple-to-use and non invasive
- Excellent measurement consistency and reliability
- Guaranteed accuracy supported by an international portfolio of independent scientific validation studies

GOOD...



BODY MASS INDEX (BMI)

- BMI is widely used by the medical profession, is universally accepted and good for population studies
- BMI only measures weight adjusted for specific height

BUT

- BMI has widely accepted limitations for individuals:
 - Age (children and elderly)
 - Race
 - Identifying changes in body composition over time
 - Athletes
 - Visceral fat
- Does not indicate whether this excess weight is due to increased fat or lean tissue
- BMI can give misleading information about the success of any weight-loss programme, particularly when exercise is part of the regime

BETTER...



WAIST CIRCUMFERENCE

- Recognised as an alternative to BMI for individuals, cheap, easy and quick to measure

BUT

- Accurately taking a waist measurement is:
 - Subjective: where is your waist?
 - Difficult to repeat
 - Invasive

BEST!



BIO ELECTRICAL IMPEDANCE ANALYSIS (BIA)

- Gives a highly personal analysis of health; body fat, muscle mass, hydration – and more
- Is used globally in medical research labs
- Instantly assess body fat status as healthy or unhealthy
- The increased personalised information increases the member's education about their own body composition compared to a basic weight or BMI reading and can show the impact of lifestyle changes increasing their motivation and compliance

AND

- It is as easy as stepping on a scale
- Non invasive
- Personalised
- Accurate
- Repeatable
- Motivational



HOW DOES TANITA BIA WORK

Tanita Bioelectrical Impedance Analysis (BIA) operates by passing small electrical signals through the body between hand held and footplate electrodes. The conducting ability of body water is then used to calculate the amount of lean mass, body water, bone mass, basal metabolic rate and fat mass. Accurate and detailed body composition analysis given in under 20 seconds. High repeatability as no user input required.

HOW ACCURATE IS TANITA BIA

TANITA validation studies are based on comparison with gold standard body composition techniques such as underwater weighing, magnetic resonance imaging and even DXA. The equation is derived from measurements and correlation, using sophisticated statistical analysis. The R2 value has proven to be highly accurate ranging from 0.85 to 0.98 depending on the model selected (1) (2).

References

1. Pietrobelli, A., et al., New bioimpedance analysis system: improved phenotyping with wholebody analysis. *Eur J Clin Nutr*, 2004.58: 1479-84. 2. Jebb, S.A., Siervo, M., Murgatroyd, P.R., Evans, S., Fruhbeck, G, Prentice, A.M. Validity of the legtoleg bioimpedance to estimate changes in body fat during weight loss and regain in overweight women: a comparison with multicompartement models. *International Journal of Obesity* (In press).

TANITA - A GLOBAL LEADER

Established over 60 years ago, the Company has steadily grown through continuous product innovation and a strong commitment to high manufacturing quality standards. Tanita created the worlds' first stand-on body composition analyser in 1992 and is now the world leader in precision weighing and body composition equipment. The Company has developed a wide portfolio of products that are successfully used in professional practice and consultations worldwide.

QUALITY ASSURANCE

Tanita owns manufacturing facilities based in Japan and guarantees the highest quality products. All our products meet strict international quality standards and are calibrated up to 300,000 uses, demonstrating the sheer quality of Tanita.

PROVEN CLINICAL ACCURACY

Ensuring all our body composition measurements are the most accurate has been supported by 15 years of investment into independent validation and medical research. Tanita BIA is regularly tested against the gold standards (DEXA - Dual Energy X-Ray Absorptimetry and UWW - Under Water Weighing). Tanita is the only company to have an extensive library of independent validation and research studies proving that our products are the most accurate.

ADVANCED BIA – OVERCOMING THE MYTHS OF THE PAST

BIA technology has been available within the market for many years. When BIA technology was first launched, it was considered by many users to be inaccurate and thus many have dismissed the technological capabilities of the method. After many years of development, advances in the technology have led towards a new generation of improved BIA technology. All Tanita products use the most advanced BIA technology and have been tested against gold standard measurements within the market to ensure the highest level of accuracy.



01

MULTI FREQUENCY BODY COMPOSITION ANALYSER

The next generation in segmental body composition analysis using the latest 8 electrode multi frequency technology.

THE 4 FREQUENCIES ALLOW:

- Overcoming the limitations of direct measurement after exercise
- Heightened accuracy proven to be reliable and repeatable
- Supreme level of detailed body composition readings for each arm, leg and trunk area
- Identification of changes in a patient's hydration status and body cell mass
- Assessment of whether weight gain is due to increase in Lean Body Mass or fluid retention

Extensive consultation sheet pinpointing key health indicators.

The user friendly touch screen display guides the user through the setup and analysis. The results can be viewed on the colour screen, printed on a full colour consultation sheet or stored via the Health Monitor Software.

MC 180 SV

SEGMENTAL MULTI FREQUENCY BODY COMPOSITION ANALYSER WITH TOUCH SCREEN DISPLAY

Multi frequency segmental body composition analyser using 8 electrodes

SPECIAL FEATURES

- Segmental Multi frequency Technology provides in-depth readings for each arm, leg and trunk area
- TFT Colour LCD touch screen panel
- Wireless connection to PC
- High Tech Design

TOTAL BODY MEASUREMENTS

- Weight
- BMI
- Body Fat %
- Visceral Fat Indicator
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Total Body Water Kg
- Total Body Water %
- Extra-Cellular Water Kg
- Intra-Cellular Water Kg
- ECW/TBW Ratio
- Basal Metabolic Rate
- Basal Metabolic Rate Indicator
- Bone Mineral Mass Indicator

SEGMENTAL MEASUREMENTS

- Segmental Body Fat %
- Segmental Fat Distribution Rating
- Segmental Muscle Mass Kg
- Segmental Muscle Mass Rating
- Segmental Muscle Mass Balance
- Segmental Reactance/Resistance

AVAILABLE ACCESSORIES

- Health Monitor Software
- Consultation Sheets



TECHNICAL SPECIFICATION

Age Range	5 years – 99 years
Capacity	270 kg
Graduation	50 g (0 – 200 kg) 100 g (200 – 270 kg)
Product Dimensions	440 x 850 x 1270 mm
Product Weight	35 kg
Power Source	AC 100 – 240V
Interface Connections	RS232C, USB and wireless
Calibrated Up To	300,000 uses
Warranty	3 years



TOUCHSCREEN DISPLAY

MC 180 SV PRINT OUT

02

BODY COMPOSITION ANALYSERS

The key to the Tanita range is accuracy and simplicity. The analysers are fast, easy to use and can be linked to data capture and trend analysis software allowing less time-consuming paperwork and more consultation time.

All Tanita Body Composition Analysers meet the strict NAWI European regulations relating to the weighing mechanisms.

CURRENT USERS:

- Fitness Clubs
- Weight Management Industry and Groups
- Occupational Health Schemes
- Health Education
- Beauty Salons



BC 418

SEGMENTAL BODY COMPOSITION ANALYSER

SPECIAL FEATURES

- 8 electrodes provide segmental readings for each arm, leg and trunk area
- Instant print out of results using integrated thermal printer
- Measures results in just 15 seconds
- Goal setter mode

TOTAL BODY MEASUREMENTS

- Weight
- BMI
- Body Fat %
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Total Body Water Kg
- Total Body Water %
- Basal Metabolic Rate
- Target Ranges
- Bone Mineral Mass Indicator

SEGMENTAL MEASUREMENTS

- Segmental Body Fat %
- Segmental Fat Mass
- Segmental Fat Free Mass
- Segmental Muscle Mass
- Segmental Impedance

AVAILABLE ACCESSORIES

- Health Monitor Software
- Thermal Paper Rolls



TECHNICAL SPECIFICATION

Age Range	7 years – 99 years
Capacity	200kg
Graduation	100g
Product Dimensions	377 x 343 x 830mm
Product Weight	12kg
Power Source	5V AC Adaptor
Interface Connections	RS232C and wireless
Integrated Thermal Printer	Yes
Calibrated Up To	300,000 uses
Warranty	3 years

TANITA BODY COMPOSITION ANALYZER BC-418	
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BODY TYPE	STANDARD
GENDER	MALE
AGE	22
HEIGHT	176 cm
WEIGHT	80.3kg
BMI	25.9
BMR	8138 kJ 1945 kcal
FAT%	18.7%
FAT MASS	15.0kg
FFM	65.3kg
TBW	47.8kg
DESIRABLE RANGE	
FAT%	8-20%
FAT MASS	5.7-16.3kg
IMPEDANCE	
Whole Body	553 Ω
Right Leg	237 Ω
Left Leg	239 Ω
Right Arm	297 Ω
Left Arm	295 Ω
Segmental Analysis	
Right Leg	
Fat%	15.3%
Fat Mass	2.1kg
FFM	11.6kg
Predicted Muscle Mass	11.6kg
Left Leg	
Fat%	15.7%
Fat Mass	2.1kg
FFM	11.3kg
Predicted Muscle Mass	10.6kg
Right Arm	
Fat%	18.3%
Fat Mass	4.9kg
FFM	3.6kg
Predicted Muscle Mass	3.6kg
Left Arm	
Fat%	18.8%
Fat Mass	4.9kg
FFM	3.6kg
Predicted Muscle Mass	3.6kg
Trunk	
Fat%	20.7%
Fat Mass	9.1kg
FFM	34.7kg
Predicted Muscle Mass	33.6kg

BC 418 PRINT OUT

SC 330 P

BODY COMPOSITION ANALYSER

WITH VISCERAL FAT INDICATOR

SPECIAL FEATURES

- **Visceral Fat Indicator**
- Light up icon navigation for easy use
- Instant print out of results using integrated thermal printer

TOTAL BODY MEASUREMENTS

- Weight
- BMI
- Body Fat %
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Total Body Water Kg
- Total Body Water %
- Basal Metabolic Rate
- Target Ranges
- Bone Mineral Mass

ADDITIONAL FEATURES

- Visceral Fat Indicator
- Metabolic Age
- Healthy Bone Mass Indicator

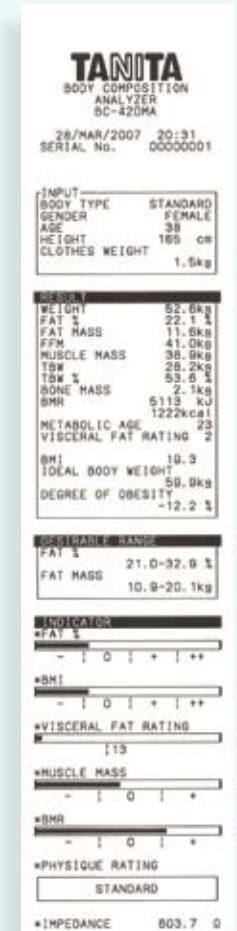
AVAILABLE ACCESSORIES

- Health Monitor Software
- Thermal Paper Rolls



TECHNICAL SPECIFICATION

Age Range	5 years – 99 years
Capacity	270kg
Graduation	100g
Product Dimensions	372 x 690 x 1022mm
Product Weight	12.1kg
Power Source	7V Adaptor
Interface Connections	RS232C or USB
Integrated Thermal Printer	Yes
Calibrated Up To	300,000 uses
Warranty	3 years



SC 330 P SILVER PRINT OUT

SC 330 S

PORTABLE BODY COMPOSITION ANALYSER

WITH VISCERAL FAT INDICATOR

TOTAL BODY MEASUREMENTS

- Weight
- BMI
- Body Fat %
- Fat Mass
- Fat Free Mass
- Muscle Mass
- Total Body Water Kg
- Total Body Water %
- Basal Metabolic Rate
- Target Ranges
- Bone Mineral Mass

ADDITIONAL FEATURES

- Visceral Fat Indicator
- Metabolic Age
- Healthy Bone Mass Indicator

AVAILABLE ACCESSORIES

- Health Monitor Software
- Thermal Paper Rolls
- Carry Cases

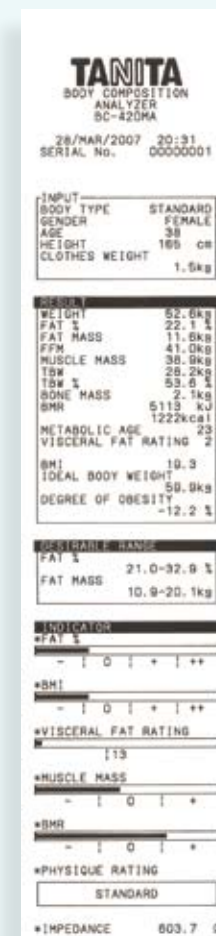


SPECIAL FEATURES

- **Visceral Fat Indicator**
- Light up icon navigation for easy use
- Portable and robust
- Instant print out of results using integrated thermal printer in just 20 seconds
- Wall mountable display

TECHNICAL SPECIFICATION

Age Range	5 years – 99 years
Capacity	270kg
Graduation	100g
Product Dimensions	372 x 375 x 101mm
Product Weight	6.8kg
Power Source	7V Adaptor
Interface Connections	RS232C or USB
Integrated Thermal Printer	Yes
Calibrated Up To	300,000 uses
Warranty	3 years



SC 330 S SILVER PRINT OUT

BF 350

BODY COMPOSITION ANALYSER

WITH INTEGRATED DISPLAY

SPECIAL FEATURES

- Compact and robust design
- Quick set up
- Highly portable

TOTAL BODY MEASUREMENTS

- Weight
- BMI
- Body Fat %

AVAILABLE ACCESSORIES

- Padded Cases
- Health Monitor Software



TECHNICAL SPECIFICATION

Age Range	7 years – 99 years
Capacity	200kg
Graduation	100g
Product Dimensions	400 x 200 x 95mm
Product Weight	8.5kg
Power Source	9V Adaptor
Interface Connections	RS232C
Integrated Thermal Printer	No
Calibrated Up To	300,000 uses
Warranty	3 years

BF 522 W

PORTABLE BODY FAT AND WATER ANALYSER KIT

WITH CARRY BAG, HEIGHT MEASURE AND TAPE MEASURE

SPECIAL FEATURES

- Wall mountable display
- 1 Line 26mm LCD display
- Lightweight and compact
- Comes complete with height measure, tape measure and carry bag

TOTAL BODY MEASUREMENTS

- Weight
- Body Fat %
- Total Body Water



TECHNICAL SPECIFICATION

Age Range	7 years – 99 years
Capacity	150kg
Graduation	100g
Product Dimensions	285 x 285 x 45.5mm
Product Weight	2.1kg
Power Source	4 AA batteries
Interface Connections	No
Integrated Thermal Printer	No
Warranty	3 years



BF 522 W KIT

03

WEIGHING SCALES



With over 60 years experience of manufacturing weighing equipment, Tanita has developed an extensive range of scales with unique features to suit all needs.

Tanita prides itself on accuracy. The scales feature the ultimate weighing accuracy using single point load cells and meet strict MDD and NAWI regulations. All materials used are hard wearing and durable ensuring long life and repeatability. We guarantee the accuracy of our weighing equipment for up to 300,000 uses.

CURRENT USERS:

- Fitness Clubs
- Weight Management Centres
- Occupational Health departments
- Private Health Screening

WB 3000

DIGITAL COLUMN SCALE

WITH INTEGRATED HEIGHT MEASURE AND BMI FUNCTION



SPECIAL FEATURES

- Step on activation
- 2 line LCD displays weight and BMI
- Height capacity of 214 cm

KEY FEATURES

- Weight
- Height
- BMI

TECHNICAL SPECIFICATION

Capacity/Graduation	200 Kg/100g
Product Dimensions	380 x 528 x 1381mm
Product Weight	11.4kg
Power Source	DC 6V Adaptor included or 4 x AA Batteries
Interface Connections	USB and RS232C
Calibrated Up To	300,000 uses
Warranty	3 years

BWB 800 P

DIGITAL WEIGHING SCALE



SPECIAL FEATURES

- Easy to read LCD display
- Tare and weight lock functions

KEY FEATURES

- Weight
- Weight only mode
- Large Weighing platform
- 25 mm LCD

TECHNICAL SPECIFICATION

Capacity/Graduation	200 Kg/100g
Product Dimensions	300 x 337 x 80mm
Product Weight	7.6kg
Power Source	DC 9V Adaptor included or 6 x AA Batteries
Interface Connections	RS232C
Calibrated Up To	300,000 uses
Warranty	3 years

BWB 800 S

PORTABLE WEIGHING SCALE



SPECIAL FEATURES

- Lightweight and portable
- Easy to read LCD display
- Tare and weight lock functions
- Wall mountable display

KEY FEATURES

- Weight
- Weight lock
- Large Weighing platform
- 25 mm LCD

AVAILABLE ACCESSORIES

- Carry Cases

TECHNICAL SPECIFICATION

Capacity/Graduation	200 Kg/100g
Product Dimensions	301 x 336 x 80mm
Product Weight	7kg
Power Source	DC 9V Adaptor included or 6 x AA Batteries
Interface Connections	RS232C
Calibrated Up To	300,000 uses
Warranty	3 years

HD 352

DIGITAL WEIGHING SCALE



SPECIAL FEATURES

- Easy to read LCD display
- Extra large platform
- Low profile platform
- Toe tap activation

KEY FEATURES

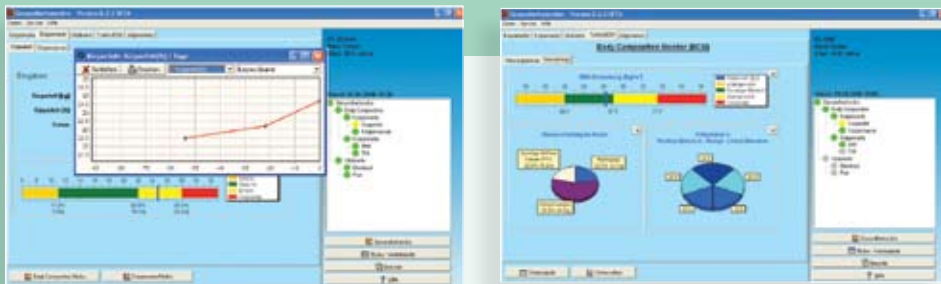
- Weight
- Displays Metric and Imperial
results simultaneously
- 25 mm LCD

TECHNICAL SPECIFICATION

Capacity/Graduation	200 Kg/100g
Product Dimensions	370 x 142 x 35mm
Product Weight	2.5kg
Power Source	4 x AA Batteries
Warranty	3 years

04 ACCESSORIES

GMON HEALTH MONITOR SOFTWARE



The health monitoring software allows automatic capture of body composition data direct to your computer.

Professional reports, trend analysis and key indicators can be generated and stored in the client record database. The software is compatible with most of the Tanita body composition and weighing scale range and is perfect for:

- Weight management consultation
- Client education and motivational sessions
- Staff health screening

For further information of the software, download a demonstration version at: www.medizinservice-sachsen.de/gmon

The software has been created by Medizin Service GmbH.

PH 100 CLIENT ASSESSMENT PAD



Information sheets for clients explaining their body composition readings and track results.

100 sheets per pad.

PH 100 PAPER ROLLS



Suitable for all monitors and scales with thermal printers.

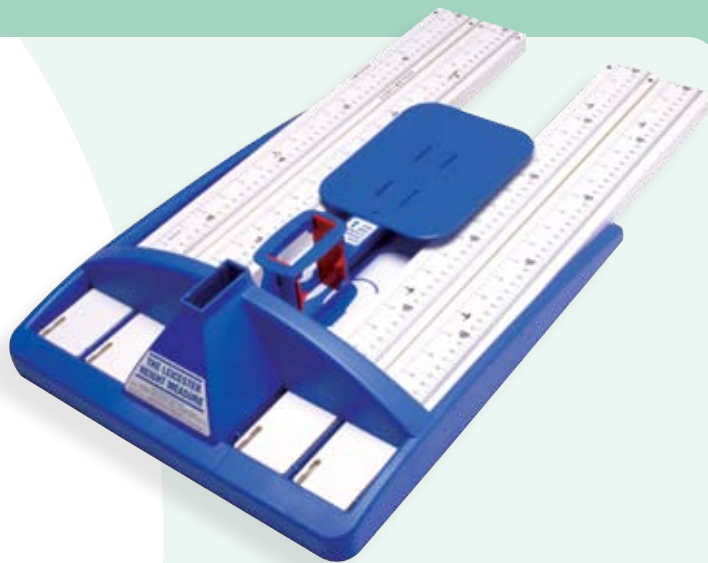
Pack of 5.

MC 180 PAPER MC 180 CONSULTATION SHEETS



Suitable only for use with the MC 180 analyser, this full colour consultation sheet allows readings to be printed and discussed easily with the client.

HR 001
HEIGHT MEASURE



Portable Stadiometer with carry case.
Easily dismantled and lightweight. Easy
to read scale with stable foot plate for
precision readings.

Range 20 cm - 207 cm

Graduation 1 mm

C 300
PADDED CASES



Compatibility: BC 420 S, BF 350

C 450
BACKPACK
CARRY CASE



Compatibility: BF 350, BWB 800 S
and BF 522

C 400
PADDED CASES



Compatibility: BWB 800

Disclaimer: All product specifications and
designs are subject to change

05

HOME USE PRODUCTS

The Full Package

Tanita also offer a range of home use products, providing the ideal assistance for clients to track their progress at home and aid motivation. The range includes body composition monitors, bathroom scales, and a range of fitness products.



**BC 545
SEGMENTAL BODY
COMPOSITION MONITOR**



**HD 365
WEIGHING SCALE**



**PD 724
TRI AXIS PEDOMETER**



**BC 871
BODY COMPOSITION
MONITOR**



**CJ 688
CALORIE COUNTING
SKIPPING ROPE**



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